



Freezer Lunches To Go from 30 Day Gourmet

Carol Santee

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Would you like to learn how to safely pack a balanced lunch for your children, your spouse or even yourself? With Freezer Lunches To Go from 30 Day Gourmet, you can!

Learn about food safety, using lunch boxes and thermoses and how to keep the variety going. A list of great ideas for sides along with plenty of time and money-saving tips are also included. The book contains 42 pages with 25 delicious lunch-to-go recipes. Download your copy of Freezer Lunches To Go right now! Start saving \$1000 a year like Carol did by freezing lunches ahead of time!

Introduction

Packed Lunches Tips & Hints

Variety Works Best

Rounding Out Lunches

FOOD HANDLING:

Containers

Lunch Boxes

Thermoses

Sipper Cups

Food Safety

Money and Time Saving Tips

Thirty More 30 Day Gourmet Recipes for Lunch

MAIN ENTREE RECIPES:

Mexican Beef

Hamburger Mulligan

Chicken Pockets

Easy Barbeque Chicken

Oven Crisp Chicken Five Ways

Stuffed Chicken Rolls

Pepperoni Sticks

BREADS AND BREAKFAST RECIPES:

Banana Bread

Crescent Rolls

Hot Rolls

Italian Pastry Dough

Pie Crust Dough

SOUP AND SANDWICH RECIPES:

Bow Tie Soup

Overnight Soup

Rosemary Beef Sandwiches

Montreal Chicken Sandwiches

SIDES AND SALADS RECIPES:

Microwave Rice

Creamy Garlic Pasta

Creamy Vegetable Pockets

SNACK AND DESSERT RECIPES:

Apple Crunch Muffins

Apple Turnovers

Cinnamon Oat Muffins

Individual Pumpkin Pies

Sour Cream Pound Cake

Zucchini Carrot Cake

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